

BEHAVIORAL HEALTH SERVICES



PROGRAM DESCRIPTION

WTC Behavioral Health Services (BHS) provides support to WTC consumers and other DORS consumers referred by their counselors who want support to maintain a healthy recovery lifestyle as they work toward employment and self-sufficiency. These services can be provided either in person or remotely.

While consumers are not required to meet any pre-determined criteria (such as an abstinence timeframe) to participate in BHS, they must demonstrate a commitment to the recovery process. Consumers experiencing withdrawal symptoms or with moderate-to-severe substance use will be assessed for their readiness to participate in WTC programs and may receive a referral for treatment.

SERVICES INCLUDE:

- **Addictions Assessment** to determine substance use, including drug testing.
- **Addictions Counseling** to assist consumers in beginning or maintaining abstinence or a recovery lifestyle.
- **Behavioral Health Screening** to assess for behavioral addictions and co-occurring (substance + behavioral health) disorders.
- **Behavioral Health Counseling**, including coping strategies, general support, and referrals for additional services. Additional services may include:
 - Smoking/Tobacco Cessation Group
 - Bridging the Gap: Employment Support Group
 - Unemployment Support Group
- **Behavioral Health Education** provided to WTC career training and Work Readiness classes on topics such as:
 - Stress Management for the Workplace
 - Work-Life Balance
 - Cell Phone Addiction & Other Concerns in the Workplace
 - Employment Drug Testing: Passing the Test
 - How to Get Along with Difficult Coworkers
 - Tips for Working with Demanding Supervisors
- **Behavioral Health Consultation**, including a review of case history related to substance use or co-occurring disorders for guidance, referral or to provide a written report to support the consumer's employment plan.

WTC is a drug-free environment.

Consumers found to possess alcohol or illegal substances on the premises may be discharged.

Contact your DORS Counselor or local DORS office for more information.
www.dors.maryland.gov

